*SATURDAY MARCH 02,2024*

Stadium opens at 6:00am

**3200 will begin at 7am; Coaches meeting at 7:20am; Field Events will begin at 8am;**

**4x100 Relay will begin at 8am**

**Location:** Eleanor Roosevelt HS – 7447 Scholar Way Eastvale, CA 9288

**Parking: Free**

**Admission:** Spectators $8 per adult; $2 per student (with I.D.); $3 children; Seniors & 7 and under Free

**ENTRANCE:** Athletes and coaches will enter through the VISITOR gates; Spectators will enter on the HOME gates.

**TIMING:** Finished Results – Automatic timing, large LED screen at finish line

**DIVISIONS:** Girls F/S; Girls Varsity; Boys F/S; Boys Varsity **MEDALS TOP 3 OF EACH DIVISION**

**WE WILL COMBINE IF NEEDED THE FOLLOWING RACES: 3200m, 4X100R,**

**800 Sprint Medley, 300h, 1600m, 4x400R** 4**X800R**

**Team Entry Fees:**

$600 max entry fee for complete team

$300 Single gender teams

$20 single athlete events

$50 per team per relay

**Early Bird Special!! $400 Team Entry - $200 Per Gender**

**PAYMENT & CIF CONTRACT IN BY FEBRUARY 09, 2024**

**Make Checks Payable to:**

**Eleanor Roosevelt HS**

**7447 Scholar Way**

 **Eastvale, CA 9280**

 **Attn: Shonna Bernard-Joseph**

**Registration Deadline: February 23, 2024**

**DROP DEADLINE: February 28, 2024**

**SCRATCHES: PLEASE NOTIFY US IMMEDIATELY OF ANY SCRATCHES BY EMAIL** **SBERNARDJOSEPH@CNUSD.K12.CA.US****.** *ALL SCRATCHES MUST BE MADE NO LATER THAN 9PM ON TUESDAY FEBRUARY 26st, 2024***YOU WILL BE RESPONSIBLE FOR PAYING FOR SCRATCHES MADE AFTER MARCH 1ST, 2024.**

**Register: online at Milesplit.com**

**Questions: Email Coach Shonna @Sbernardjoseph@cnusd.k12.ca.us**

Programs will be emailed February 28, 2024 with heat information and approximate start times for each event

**Warm Up Area:** We will be using a full-sized track and grass field located at the connecting River Heights Intermediate. This can also be used as a staging area for E-Z-Ups not located at the top of the bleachers. This provides for large warm-up area and for easy access to the clerk of the course.

**Clerk of the Course:** Competitors will receive starting instructions from the starting line. All competitors will be escorted to the started line from the clerk of the course. Athletes need to check-in at 2nd call prior to their events.

**Entries:** All entries will be made on finish.com. All results will be posted by snack bar and on Finished Results app.

**Relay Teams:** One scoring team.

**Equipment:** Teams furnish their own batons, throwing implements, and pole vault poles

**Awards:** Medals will be given to the top 3 places overall in running and field events

**Snack Bar:** Fully stocked snack bar; Coaches room will have light breakfast, Full Lunch

**TRASH: Each team is responsible for cleaning their area. Please be considerate of this throughout the meet. There will be a large bag in your team packet to help with the process**

**Canopies**: Set-Up canopies at the very top of the bleachers or on the perimeter of the warmup field area. NO RADIOS and LIMITED COACHES will be allowed on the field

**Order of Events**

 **- Rolling schedule 7am Start Time –**

3200FSG, VG

4x100 FSG, VG / FSB, VB

100H FSG, VG / FSB, VB

110H FSG, VG / FSB, VB

400M FSG, VG / FSB, VB

100M FSG, VG / FSB, VB

800M FSG, VG / FSB, VB

SMR FSG, VG / FSB, VB

300h FSG, VG / FSB, VB

4x800R FSG, VG / FSB, VB

200M FSG, VG / FSB, VB

1600M FSG, VG / FSB, VB

4X400MR FSG, VG / FSB, VB

**Field Events -8am start time**

**ROLLING SCHEDULE**

Frosh 3 Jumps – No Final

Varsity 4 Jumps – No Final

Pit #1 LJ FSG, VG

Pit #2 LJ FSB, VB

Pit #1 TJ FSG, VG

Pit#2 TJ FSB, VB

**HJ Pit**

**Opening Heights (Negotiable at pit)**

FSG 4’0 VG 4’5

FSB 5’2 VB 5’5

**Pole Vault (Back Field)**

**Opening Heights**

FSG – 6ft VG – 8FT

FSB – 7FT VB- 9FT

**SHOT PUT / DISCUS**

**FROSH 3 ATTEMPTS VARSITY 4 ATTEMPTS**

FSG VG

FSB VB